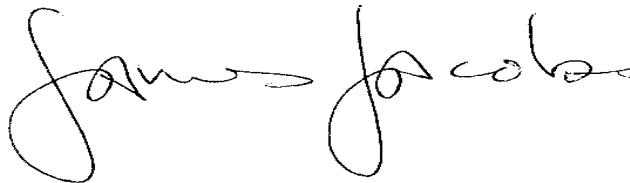


PROPOSAL COVER SHEET
2009 COMMUNITY COLLEGE CAREGIVER TRAINING INITIATIVE

1. FULL NAME AND ADDRESS OF COMMUNITY COLLEGE: Macomb Community College
14500 E. 12 Mile Rd. Warren, MI 48088
2. WEBSITE: WWW.MACOMB.EDU
3. TYPE OF COLLEGE (PUBLIC, ETC.): Public Community College
4. IS THIS A MULTIPLE-SITE OR SINGLE-SITE INSTITUTION? Multiple campuses in Macomb County, Michigan
5. LIST UP TO 2 PROJECT COORDINATORS OR CONTACT PERSONS: Michelle Valin, Program Coordinator, Center for Continuing Education, 14500 E. 12 Mile Rd. Warren, MI 48088, 586.498.4006, valinm@macomb.edu
6. THE PROPOSED PROJECT IS (indicate one): AN ADDITION TO AN EXISTING PROGRAM
7. WHEN WILL TRAINING BEGIN UNDER THE PROPOSED PROGRAM? September 2009
8. SUMMARIZE THE PURPOSE AND DESIGN OF THE PROPOSED PROJECT (**no more than 75 words**):
We will expand our Eldercare Specialist Program beyond the campus to reach family caregivers in their own communities. Attendees of the outreach activities will be eligible to come on campus to learn hands-on caregiver training in our Certified Nursing Assistant lab. We will partner with our County's senior citizen's department to reach potential students. We will offer articulation agreements to students who wish to further pursue their education in the field of direct caregiving.
9. APPROXIMATE NUMBER OF STUDENTS/CAREGIVERS SERVED BY THE PROGRAM: 500+ in the community workshops; 80 in the on campus training.
10. LIST COLLABORATORS AND PARTNERS (if any): Macomb County Department of Senior Citizens Services
11. TOTAL PROJECT BUDGET: \$20,000.
12. AMOUNT REQUESTED FOR THIS GRANT (NOT TO EXCEED \$20,000): \$20,000
13. SIGNATURE (OR INDICATION OF SUPPORT) BY CHIEF OFFICER OF COMMUNITY COLLEGE



James Jacobs, Ph.D., President

6/8/09

Date

Macomb Community College Caregiver Training Initiative

Our College

Macomb Community College (MCC) was established in 1953 with assistance from faculty and administrators of the University of Michigan, Michigan State University and Wayne State University. Classes officially began in September 1954 with 84 students.

Today, MCC is the largest grantor of associate's degrees in Michigan and consistently ranks in the top 2% nationally. MCC received its 10-year Re-Accreditation from the Higher Learning Commission in February 2007. Each semester, an average of 22,000 students enroll in more than 200 degree and certificate programs. An additional 10,000 students enroll annually in workforce development, customized training, continuing professional education and emergency first responder academies.

With three campuses encompassing 39 buildings totaling over 1.5 million square feet situated on more than 400 acres, MCC has been able to develop customized curriculum while meeting the transfer education requirements of its baccalaureate students.

Although MCC serves the entire region, the majority of students served are from Macomb County. Macomb County, located in metropolitan Detroit, is Michigan's third largest county with a population of approximately 840,000. An integral part of the "Motor City," manufacturing continues to be the leading industry followed closely by healthcare and social assistance.

In fact, the U.S. Department of Labor has identified healthcare as a growth industry in Macomb, especially because of the high percentage of elderly in the county. Currently, approximately 14% of the population is over the age of 65. By 2030, it is estimated that 25% (1 in every 4) of the county residents will be senior citizens. Many of whom will be caregivers or need family caregiving themselves.

With this statistic in mind, MCC recognizes this cohort of its constituents will seek education relating to their aging needs, such as caregiver training. The MCC Center for Continuing Education developed a short-term entry-level career program for non medical direct care workers called "Eldercare Specialist." Students in this program learn the "Art of Caregiving" from experts in the field of gerontology.

MCC is requesting funding from the Caregiver Training Initiative so that we may:

- **Send our faculty out into the community to do free workshops on older adult caregiving issues/concerns**
- **Develop outreach strategies with our partner within the County system**
- **Provide opportunities to bring family caregivers to the college campus to practice hands-on caregiving in our Certified Nursing Assistant laboratory**
- **To provide a link to a career option as an Eldercare Specialist or CNA for family caregivers who may want to pursue further education**

service, management, sales/marketing and others relating to aging services. Three courses make up the certificate: *Introduction to Gerontology*; *Aging Body, Mind & Spirit*; *Art of Caregiving*. Students will receive 4.2 non credit CEUs and a certificate of completion from Macomb Community College.

Certified Nursing Assistant Program

The CNA program at MCC may also be a career path for family caregivers **Program**

Description

MCC will partner with the Macomb County Department of Senior Citizen's Services to develop strategies to reach family caregivers in their own communities. Free caregiving workshops will be scheduled throughout the year at health fairs, flu clinics and other events geared towards older adults. We hope to educate hundreds of family caregivers at these events.

MCC faculty will conduct the workshops developed from the curriculum used for our Eldercare Specialist program. Topics include:

- Identifying the tasks, role changes and challenges associated with caregiving
- Understand the available programs and services associated with the aging network
- Demonstrate the philosophy of person-centered care
- Understand techniques for dealing with difficult behaviors
- Learn strategies to partner with your medical team
- Apply ways to avoid stress and burnout

Attendees of the community workshops will be invited to come to the college campus, at regularly scheduled intervals, for a free 8-hour hands-on training in the *Art of Caregiving*. The following skills will be taught in our new state-of-the art clinical Certified Nursing Assistant laboratory:

- Assess a physical environment for threats to safety
- Understand and apply universal precautions for blood-borne pathogens
- Become familiar with assistive medical equipment that may be used in a home environment
- Practice mechanics of safe transferring techniques from bed to chair, chair to walker
- Able to assist with activities of daily living including dressing, bathing, grooming
- Understand how physical and mental stimulation and proper nutrition and hydration relate to wellness

Family members who need respite care in order to attend the *Art of Caregiving* course will be able to use one of two County run adult day service facilities at no charge for the day. Lunch will be provided by the adult day service facility. A box lunch will also be provided for the family "student" on campus the day of their training. We hope to train 8 students per month for 10 months, or to train 80 students by June 1, 2010.

In addition to the community workshops, promotion of the caregiving training will also be conducted through referrals from the County's senior citizen's resource advocates and counselors.

Students who attend the *Art of Caregiving* will receive a certificate of completion and .8 CEUs on their transcript. Students will also receive permission to use the training as part of the requirements needed for the Eldercare Specialist Certification.

Eldercare Specialist Program

Includes 42 hours of theory and practical application of skills in caring for older adults and prepares students for jobs in assisted living facilities or in non medical home care agencies. This noncredit MCC certificate is also a valuable asset applicable to other fields including, customer who want to use their experience to help others. CNA training includes 128-hour of theory, laboratory and clinical applications of direct caregiving skills and prepares students for jobs in nursing homes, hospitals and home care agencies. Successful completion of the course prepares students to take the Michigan Nurse Aide Competency Evaluation Test. Students will receive 12.8 non credit CEUs and a certificate of completion for CNA with Dementia Competencies. The dementia competencies were added to the basic CNA curriculum and are based on recommendations for training direct care workers by the Michigan Dementia Coalition.

All students at Macomb are provided access to academic advising, counseling and career services. Our Center for Health Careers employs an Occupational Coordinator who is an advocate for our short-term health career students, like Eldercare Specialist and CNA.

Sustainability and Replication

The Eldercare Specialist program at Macomb is a popular short-term non credit curriculum that could be easily replicated at other community colleges. The model is a holistic one that is meant to both train entry level direct care workers and inspire students to pursue further education in the area of health care or gerontology. We enroll many students who work in sales or other services whose primary customer market is the baby boomer population. These students are hungry for training to better understand the needs of this market.

Our partnership with the County's Department of Senior Citizen's Services was established long ago and will continue after the grant period. We will continue to offer periodic *Art of Caregiving* training to family groups referred by the county. Plans are in the works to recruit recent top performing CNA graduates to volunteer to train the families during times when the lab is not in use. We believe this solution fills two needs: training families at no or low cost; and providing new graduates a meaningful work experience through volunteer service.

Outcome Measurements

MCC will feature this project and its outcomes at the state level through the Michigan Association of Continuing Education and Training (MACET) and at other education related conferences as requested.

Measurable outcomes of workshop participants will include the following:

- Tracking number of workshops presented
- Tracking number of workshop participants

Measurable outcomes of Art of Caregiving training will include the following:

- Tracking the number of referrals from the County Senior Services staff
- Student head count in the courses
- Distribution and collection of data concerning student satisfaction about the perceived quality of instruction, the extent of learning, and the perceived value of the instruction to the recipient for addressing family-related caregiving needs
- Distribution and collection of follow up surveys after 3 months to track whether or not students enrolled in Eldercare Specialist or CNA training

Our Partner

Our collaboration with the Macomb County Department of Senior Citizen's Services will greatly enhance our outreach potential to literally thousands of older adults who may be caregivers. We expect to our caregiver workshops will be a part of County sponsored events for older adults. We also will encourage referrals of potential students for the *Art of Caregiving* from the department's information and referral office and counselors.

The department's two social-model adult day care centers will act as respite for our students whose family members need care while they attend class. Families will be expected to attend an admission orientation at one of the centers prior to the start of their class.

Our Management and Faculty Team (see attached curriculum vitae)

Macomb's Center for Continuing Education will direct the caregiver training initiative. Michelle Valin, CCE Program Coordinator, will oversee the grant project and supervise part-time staff and faculty. A part-time position for a project specialist will be developed through grant funds to manage the day-to-day development and implementation of the initiative. Two current adjunct faculty members in our gerontology program will be assigned to teach for the initiative. Midge Appel, MA, will conduct the outreach caregiving workshops and Kathryn Ann Kozlinski, Med., LPN, will conduct the *Art of Caregiving* training.

Our Timeline

Objectives	Actions	Target Dates
Hire part-time project specialist	Write job description, interview and orientation	7/1/09 – 8/1/09
Develop Marketing Plan	Identify and book space at county sponsored events, create advertising postcard for <i>Art of Caregiving</i>	8/1/09 – 9/1/09
Launch Courses	Schedule CNA lab, order disposable equipment, register students	9/1/09 – 6/1/10
Evaluate project	Develop, distribute and collect surveys	Ongoing and through 8/1/10

Our Budget

Expense	Amount paid by Caregiver Grant	Description of Proposed Expense
Project Specialist Wages Midge Appel	\$18 hour x 12 hours per week x 40 weeks = \$8,640.	Coordinate & implement grant activities
Adjunct Faculty Wages Kathryn Ann Kozlinski	\$45 hour x 80 hours = \$3,600.	Deliver workshops and training
FICA @ 24.48%	\$2,996.35	
Disposable medical supplies	\$700.	Used in Art of Caregiving class
Daycare fees	\$2,063.65	Respite so family caregivers can attend training
Meals	\$1,000.	Meal vouchers at student cafeteria for family caregivers during training
Mileage	\$1,000.	For project specialist to travel to workshops
Total Expenses	\$20,000.	